

Zika Virus in South America

Warning - Level 3, Avoid Nonessential Travel

Alert - Level 2, Practice Enhanced Precautions

Watch - Level 1, Practice Usual Precautions

In May 2015, the first local transmission of [Zika](#) virus infection (Zika) was reported in South America. Local transmission means that mosquitoes in the area have been infected with Zika virus, spreading it to people. Since then, the following South American countries have reported cases of Zika:

- [Brazil](#)
- [Colombia](#)
- [French Guiana](#)
- [Paraguay](#)
- [Suriname](#)
- [Venezuela](#)

Zika Virus in Pregnancy (Interim Recommendations)

Zika virus can be spread from a pregnant woman to her unborn baby. There have been reports of a serious birth defect of the brain called [microcephaly](#) and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Knowledge of the link between Zika and these outcomes is evolving, but until more is known, CDC recommends special precautions for the following groups:

- Women who are pregnant (in any trimester):
 - Consider postponing travel to any area where Zika virus transmission is ongoing.
 - If you must travel to one of these areas, talk to your doctor first and strictly follow [steps to prevent mosquito bites](#) during your trip.
- Women who are trying to become pregnant:
 - Before you travel, talk to your doctor about your plans to become pregnant and the risk of Zika virus infection.
 - Strictly follow [steps to prevent mosquito bites](#) during your trip.

Specific areas where Zika virus transmission is ongoing are often difficult to determine and are likely to change over time. As more information becomes available, this travel notice will be updated. Please check back frequently for the most up-to-date recommendations.

Because Zika virus is spread by mosquitoes, CDC recommends that travelers to South America [protect themselves from mosquito bites](#).

What can travelers do to prevent Zika?

There is no vaccine to prevent or medicine to treat Zika. Travelers can protect themselves by [preventing mosquito bites](#):

- Cover exposed skin by wearing long-sleeved shirts and long pants.

- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535. Always use as directed.
 - Pregnant and breastfeeding women can use all EPA-registered insect repellents, including DEET, according to the product label.
 - Most repellents, including DEET, can be used on children aged >2 months.
- Use [permethrin-treated](#) clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
- Stay and sleep in screened-in or air-conditioned rooms.

If you feelsick and think you may have Zika:

- Talk to your doctor or nurse if you develop a fever with a rash, joint pain, or red eyes. Tell him or her about your travel.
- Take medicine, such as acetaminophen or paracetamol, to relieve fever and pain. Do not take aspirin, products containing aspirin, or other nonsteroidal anti-inflammatory drugs such as ibuprofen.
- Get lots of rest and drink plenty of liquids.
- Prevent additional mosquito bites to avoid spreading the disease.

Traveler Information

- [Avoid Bug Bites](#)
- [Insect Repellent Use and Safety](#)
- [CDC Zika website](#)
- Zika Virus in the Caribbean
- [Zika Virus in Central America](#)
- [Zika Virus in Mexico](#)
- [Zika Virus in Puerto Rico](#)

Clinician Information

- [Zika: Information for Health Care Providers](#)
- [Protection against Mosquitoes, Ticks, & Other Insects & Arthropods](#)